

The Night Before Kids' Yoga Day Book Debut on February 9th, 2021
Perfect tie-in to International Kids' Yoga Day, the Biggest Day in Kids'
Yoga Each Year

Los Angeles, January 13, 2021 – Tens of thousands of kids are set to participate in the 6th Annual Kids' Yoga Day on April 9th, 2021. This global movement is the brainchild of Teresa Power, bestselling author of [The ABCs of Yoga for Kids](#), [Little Mouse Adventures](#), and children's yoga expert, whose vision is to spread peace from nation to nation, child by child.

Power is on a mission to celebrate both the diversity and oneness of our youth with her newest book, *The Night Before Kids' Yoga Day*. In this send-up of the classic poem, *The Night Before Christmas*, a mother is inspired by an impromptu session in her backyard, led by kids, for kids. Readers will learn the simple yoga poses performed on Kids' Yoga Day every year, but no prior knowledge of yoga or this international holiday is required.

[Kids' Yoga Day](#) is a free celebration of yoga that takes place on the first Friday in April each year. Since 2015, 322,000 children and their caregivers have joined together to do the same routine, at the same time, all around the globe. The result is magic. With three months still to go before the big day, 100,000 children are set to participate in 2021, and that number is growing.

According to a recent [Center for Disease Control and Prevention \(CDC\) report](#), the number of children using yoga and meditation is rising. This doesn't surprise Power, as in today's modern technological society, children are not only leading more sedentary lives, but they are also becoming overly stimulated with the rise of social media, computers, iPhones, iPads and other electronic devices. Kids need a healthy outlet to balance their lives, and yoga and meditation is a means to slow down the pace and help children find their center.

Power further notes that in children yoga helps to develop discipline, heightens body awareness and self-control, helps kids to gain strength as well as flexibility, increases their ability to focus and concentrate, and helps them stay calm (even kids with ADD or ADHD). All told, this translates into healthier minds and bodies, not to mention better performance at school!

The Night Before Kids' Yoga Day is published by [Stafford House Books, Inc](#) and is available from APG, Ingram, and Baker & Taylor.

For more information about Kids' Yoga Day visit www.kidsyogaday.com.

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